



STRENGTHS OPTIMIZER



Adiemus Seah is a registered Level 4 counsellor, clinical supervisor, educator, and Australian Counselling Association (ACA) Approved OPD Provider with 25 years of experience across healthcare, higher education, community organisations, and private practice.

Alongside his role as Professional Practice Consultant, Lecturer and Chief Examiner in the Master of Counselling program at Monash University, Adiemus is the founder of Strengths Optimizer, where he provides counselling, clinical supervision, and evidence-informed professional development for counsellors and helping professionals.

His current work focuses on grief, bereavement and non-death loss, clinical supervision, counsellor education, wellbeing science, and the emerging role of artificial intelligence in counselling.

Adiemus holds a Master in Grief and Palliative Care Counselling and a Master of Applied Positive Psychology. His approach integrates contemporary research with practical, compassionate and ethically informed counselling practice.

He is currently undertaking a scoping review exploring the emerging role of AI in grief support, with particular interest in how emerging technologies may influence bereavement care, therapeutic relationships, and the future of counselling practice.

Adiemus recently launched the Applied Grief Practice Series, an evidence-informed professional development initiative designed to translate contemporary grief research into practical learning for counsellors and helping professionals.

Earlier in his career, Adiemus became a Gallup Certified CliftonStrengths Coach and an Accredited Mental Health First Aid Instructor. These perspectives continue to inform his strengths-based approach to counselling, supervision, professional education, and sustainable practitioner wellbeing.

He is also the producer and host of Science UP Your Wellbeing, an interview series exploring the science and practice of wellbeing with researchers and practitioners in positive psychology, coaching psychology, and wellbeing science.

Across his clinical, educational and research work, Adiemus aims to translate evidence into compassionate, practical approaches that strengthen practitioners and improve the care they provide. He welcomes collaboration with clinicians, educators, researchers, and organisations interested in grief, counselling, wellbeing, and AI in mental health care.

Contact

adiemus@strengthsoptimizer.com
www.strengthsoptimizer.com

Adiemus Seah

Qualifications

- Master of Applied Positive Psychology, The University of Melbourne (First Class Honours)
- Master in Grief and Palliative Care Counselling, The University of Adelaide (Golden Key Award)
- Graduate Diploma in Counselling, Tabor Adelaide
- Bachelor of Arts in Counselling, Tabor Adelaide
- Bachelor of Behavioural Science (Psychology), The Flinders University

Professional Credentials

- Registered Level 4 Counsellor, Australian Counselling Association (ACA)
- ACA approved Clinical Supervisor
- Gallup-Certified CliftonStrengths Coach
- Accredited Mental Health First Aid Instructor with Mental Health First Aid Australia